

Herbal Release releases a unique blend of botanical ingredients known to help:



- maintain a strong immune system
- neutralize free radicals with plant antioxidants
- detoxify the lymphatic system
- promote regular bowel movements that eliminate toxins and body waste



The Beauty of Herbal Release

Herbs are formulated by nature. The plant nutrients are in their natural, balanced state.

The beauty of Herbal Release's herbs and extracts is the natural state and balance of beneficial plant nutrients they provide.

9 Whole Herbs

Barberry Root
Buckthorn Bark
Cascara Sagrada Bark
Chickweed Leaves
Dandelion Root
Atlantic Kelp
Licorice Root
Parsley Leaves
Sarsaparilla Root

2 Herbal Extracts

Echinacea Root
Gotu Kola



Cascara Sagrada Bark

Working Together to Cleanse

Herbs such as buckthorn, cascara sagrada and parsley have a natural laxative effect on the body, stimulating regular bowel movements that remove body waste. Chickweed, dandelion and sarsaparilla are herbs that promote the elimination of toxins from the body.



Buckthorn Bark

Parsley Leaves

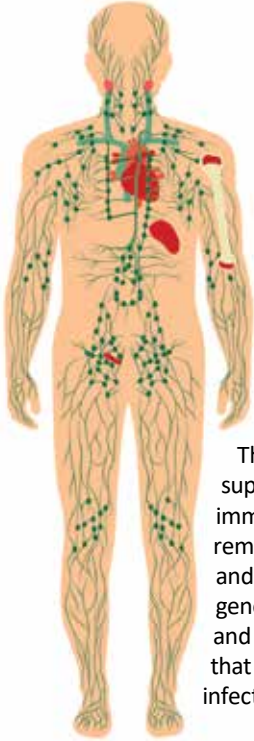
Dandelion Root

The lymphatic system can be thought of as an internal net within the body that captures and transports harmful substances so that they can be eliminated.

The 4:1 extract of echinacea root delivers natural support for the lymphatic system. Many herbalists consider this member of the daisy family to be an effective lymphagogue that promotes lymph flow.

Note: Refer to the Canadian Herbal Release datasheet for the different formulation.

Herbal Release brings together a variety of herbs with a history of beneficial properties that greatly contribute to inner cleansing of the body, particularly for support of the lymphatic and immune systems.



As a central part of the immune system, the lymphatic system is essentially made up of lymph fluid, nodes and vessels as well as organs such as the tonsils and the spleen.

This network supports the immune system as it removes pathogens and toxins and generates antibodies and lymphocytes that protect against infections.

The US and Canadian **Herbal Release** formulas share 8 cleansing herbs: barberry, buckthorn, cascara sagrada, chickweed, dandelion, echinacea, parsley and sarsaparilla. Combining these botanicals creates an effective herbal release that cleanses and supports the body and its systems in a natural way.

Cascara Sagrada



Parsley



Echinacea



Barberry



Buckthorn



Having regular bowel movements maintains body health through the consistent removal of toxins and waste. Several of the herbs in **Herbal Release** provide a laxative effect that naturally stimulates defecation.



Herbal Release

natural lymphatic cleanse* U.S. blend

Barberry Root: used to allay digestive problems for over two thousand years.

Buckthorn Bark: used as a laxative and stool softener since the 1600s

Cascara Sagrada: used by the Native Americans as a laxative, known to help soften stools.

Chickweed Leaves: high in vitamins and flavonoids.

Dandelion Root: a natural diuretic that herbalists use to cleanse and detoxify the gallbladder.

Echinacea: often employed as a way to reduce the severity of the common cold.

Gotu Kola: traditionally taken to ease stomach ailments.

Kelp: contains folate, vitamin A, E, C, B1, B2, B3, B5, iodine and chlorophyll which is used to mute digestive odors.

Licorice Root: used for thousands of years to alleviate digestive ailments. Studies indicate it may help with peptic ulcers, indigestion and weight management.

Parsley: traditionally used to assist with gas, indigestion and urinary tract infections.

Sarsaparilla Root: traditionally used to help alleviate menstrual and stomach cramps. Also contains saponins, phytochemicals that have a diuretic effect.



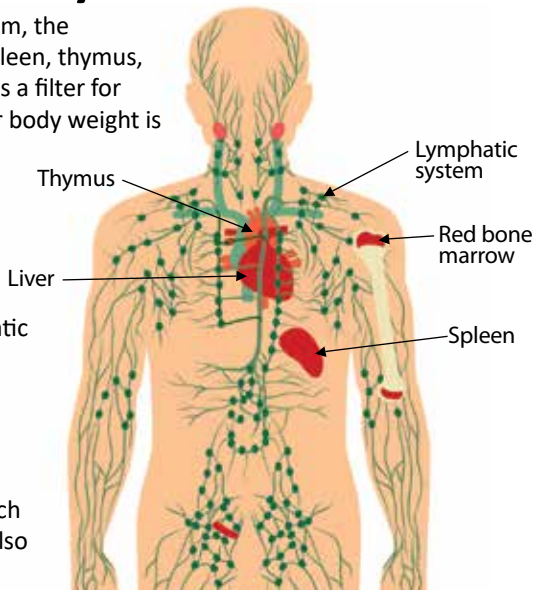
The lymphatic system is involved with the production of lymphocytes that fight infectious disease, and the lymphatic system filters blood and lymph to remove microorganisms

How the Lymphatic System Works

As a sub-section of the circulatory system, the lymphatic system—composed of the spleen, thymus, bone marrow and lymph nodes—acts as a filter for interstitial fluid. Sixteen percent of your body weight is comprised of this fluid. It provides the cells a method of receiving nutrients and removing waste.

The lymphatic system cleans the fluid and returns it to use. As a central part of the immune system, the lymphatic system removes pathogens and toxins, generating antibodies for bacteria and viruses in the lymph nodes.

This system also plays a huge role in digestion because lipids—molecules such as fats, fat-soluble vitamins, etc.—are also transported by the lymph fluid.



Herbal Release®

Canadian blend

NPN 80031729

A blend of 10 herbs that promotes bowel movements, helps to cleanse the intestinal tract and support the immune system.



Ingredient *Properties* (mg per capsule)

Cascara Sagrada Bark (75 mg)

Tonic • Laxative

Barberry Bark (37.5 mg)

Anti-inflammatory • Laxative

Boldo Leaf (37.5 mg)

Anti-inflammatory • Laxative

Buckthorn Bark (37.5 mg)

Laxative

Burdock Root (37.5 mg)

Diuretic • Detoxicant

Chickweed Aerial Parts (37.5 mg)

Anti-inflammatory • Digestive

Dandelion Root (37.5 mg)

Anti-inflammatory • Antispasmodic • Laxative

Echinacea Root (37.5 mg)

Anti-inflammatory

Parsley Leaf (37.5 mg)

Antioxidant • Urinary Tonic

Sarsaparilla Root (37.5 mg)

Anti-inflammatory • Tonic



All of AIM Canada's Natural Health Products Have NPNs

A Natural Product Number (NPN) indicates Health Canada has reviewed the product for its safety, efficacy, and quality; has authorized the health claim; and has allowed the product to be legally sold in Canada.

Open **2 capsules of Herbal Release** and add the contents to **Herbal Fiberblend** or **fit 'n fiber** for even **more effectiveness**, particularly from the **natural laxative, cascara sagrada**.

Used medicinally for over 2,500 years, **barberry bark** contains berberine, an alkaloid.

